

## SAMPLE SOCIAL MEDIA POSTS

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Don't know what to post on social media during the Virtual Kick-Off? Here are some ideas to get you started. Use #The3Day and #3DAYTogether in your social media posts!

My 2021 3-Day journey starts now. I'm kicking off my training with a long walk today and spending some time virtually with my 3-Day friends and family. You can support me on the road to a world without breast cancer. Donate today at [your personal page URL]

I couldn't be on the 3-Day today, but I'm already looking forward to next year! I'm spending the day in service to my community, spreading the 3-Day spirit of hope and joy in my neighborhood. You can support me and my fundraising to help end breast cancer with a donation at [The3Day.org/Donate](https://The3Day.org/Donate).